

# 50HRS ART OF ADJUSTMENTS BY HIMANSHU & GOURAV

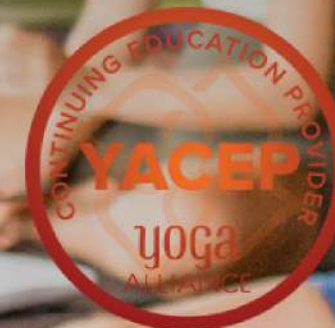
The Journey Continues...

*Whether you're on a 200hrs/300hrs YTTC path or simply feel the need to further develop yourself in the art and science of hands-on adjustments and assists, this is the course for you.*

*Bali - Greece - India*



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# THE COURSE

Enhance your teaching skills in this 6-day Vinyasa - Hatha mix course, focusing on safe and effective hands-on adjustments. Learn to personalize adjustments based on individual student needs, fostering trust and connection. Led by experienced instructors Himanshu & Gourav, this course aims to build a community where touch is applied consensually and safely, promoting deeper embodiment of asana. Hands-on adjustments heighten body awareness, improve alignment precision, intensify poses, release emotional blockages, and reduce injury risks. Join us to explore deeper expressions of poses and stabilize the nervous system.



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## **Who we are:**

*YogaUnionBali has been delivering Yoga Teacher Training Courses (YTTC's), based on Vinyasa Ashtanga Flow, an internationally accredited program with Yoga Alliance, for more than 15 years now.*

*Enchanted by her experiences in Bali, Greece & India, Ourania the founder of YogaUnionBali, decided to call Athens her new Yoga home. Bringing her experiences from her permanent home in Ubud (the cultural and yogic capital of Bali), all the way to her birthplace in Greece.*

*Himanshu and Gourav, known for their advanced practice, numerous teaching hours, love, and dedication to perfecting asanas, as well as their methodical teaching approach, collaborate with YogaUnionBali, one of the most renowned worldwide schools of yoga teachers!*

## **Why us?**

*We don't make empty promises - we truly believe we deliver something very special here and know that our course changes lives. It's a once-in-a-lifetime experience and we can guarantee that if you take a leap to commit, you will never look back.*

*It will be intense and challenging but know that you will come out on the other side stronger - mentally and physically.*

*We're delivering life-changing transformations.*

*We really hope that you will join us here soon.*

**YogaUnionBali Family**



## OUR MISSION

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### To Empower

Recognizing the uniqueness of each student, we reject the 'one alignment for all' approach. Our mission is to equip you with the skills to understand individual students and offer personalized adjustments, transforming their practice through effective assists.

### To Connect

Through mindful assists with consent, teachers build trust and help students connect with their bodies and capabilities.

### To Build

Starting with the foundational power of touch, Himanshu & Gourav aspire to create a community of yoga teachers where touch is applied effectively, consensually, and safely. Adjustments in this community aim not for 'perfection' but to guide individuals into a deeper embodiment of asana.





### Course Snapshot:

Yoga Style: Vinyasa - Hatha Mix

Course Length: 6 Days

Skill level: All Levels

Certifications: YACEP by Yoga Alliance

Location: Ubud, Bali

Price - 690 € (Twin Room)

790 € (Single Room)

### What's included?

Meals & Accommodation

Tuition fees

Course material

Yoga Alliance Diploma



# WHAT TO EXPECT

- Master the art of combining verbal and physical adjustments to enhance student learning and retention.
- Explore creative and effective ways to use props.
- Deepen your understanding of alignment, anatomy, and safety protocols.
- Gain confidence and sensitivity in hands-on adjustments, addressing common postural habits.
- Receive step-by-step therapeutic adjustment instructions, including benefits and cautions.
- Learn to read the body and provide effective assists tailored to the moment.
- Understand individual student needs for personalized adjustments.
- Develop skills in cueing during adjustments and managing group classes.
- Refine verbal cues for non-contact adjusting.

## Upon Completion:

- Confidently assist basic and advanced asanas, including twists, forward bends, inversions, backbends, and balancing poses.
- Receive a Yoga Alliance certificate.
- Gain confidence in the power of touch.
- Acquire clarity in verbal cueing.
- Learn creative and safe sequencing, including warm-ups and counterposes.
- Master the effective use of props.
- Apply adjustments in both private and group classes.
- Explore various breathing techniques.





# DAILY SCHEDULE EXAMPLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8-9.30 AM		HATHA	VINYASA	HATHA	VINYASA	HATHA
9.30-11 AM		BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
11-1.30 PM		HANDS ON ADJ (BALANCING POSES)	HANDS ON ADJ (INVERSIONS & ARM BALANCES)	HANDS ON ADJ (BACKBENDS)	HANDS ON ADJ (FORWARD FOLD)	HANDS ON ADJ (COOLDOWN POSES)
1.30-3.30 PM		LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
3.30-5.30 PM	HANDS ON ADJ (STANDING POSES)	WORKSHOP (USAGE OF PROPS)	WORKSHOP (SEQUENCING &TRANSITIONING )	WORKSHOP (INJURY PREVENTION)	EXAM	EXAM
5.30-6 PM	Q&A	Q&A	Q&A	Q&A	Q&A	GRADUATION CEREMONY



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# REQUIREMENTS

**YOGA PRACTICE:** The more comfortable you are as a yoga practitioner, the more you will be able to focus on the teaching and transformational aspects of your training. To take most out of the training we recommend a foundation in fundamental yoga postures.

**ENGLISH:** We welcome all nationalities and languages, our material and lessons are delivered in clear and not over-complicated English. Please note all the classes are delivered in English and so is the exam.

**ATTENDANCE:** To ensure the success of the training, participants are required to attend all the classes and lectures.





## UBUD, BALI

Nestled in the heart of Bali, Ubud stands as a captivating hub of cultural richness and natural splendor. This serene town is a haven for those seeking an authentic and enriching experience. Known for its lush landscapes, traditional arts, and vibrant spirituality, Ubud beckons travelers from across the globe to immerse themselves in its tranquil ambiance.

Surrounded by terraced rice fields, dense rainforests, and sacred temples, Ubud offers a sanctuary for introspection and exploration. It has evolved into a thriving center for wellness and holistic living, where ancient traditions harmoniously blend with modern pursuits. Whether indulging in Balinese cuisine, discovering local craftsmanship, or partaking in yoga amidst the captivating scenery, Ubud promises an enchanting escape that rejuvenates the mind, body, and soul.



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# YOGIC DIET

At YogaUnionBali, we prioritize optimal nutrition for our valued participants, forging a partnership with a local restaurant in Ubud. Rooted in the principles of holistic well-being, our students will embrace a nourishing yogic diet, centered around vibrant and wholesome plant-based vegetarian cuisine.

Our local restaurant in Ubud is home to a team of skilled Health Food Chefs, dedicated to curating an unforgettable culinary journey during your stay. Drawing inspiration from Bali's finest offerings, they skillfully blend local, organic ingredients, vibrant tropical fruits, and nutrient-rich superfoods. This culinary fusion seamlessly marries the essence of the Balinese diet with the principles of the Yogic diet, resulting in a symphony of flavors that embody Ubud's unique essence. Prepare to embark on a gastronomic adventure that will linger in your memory and beckon you back to Ubud time and again.



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# THE RICE FIELDS

We highly recommend this location to those who want to experience authentic Ubudian lifestyle.

Our shala, your accommodation and the restaurant are located in the luscious rice fields, where you can really enjoy the peaceful surroundings whilst being at one with nature. Our location is not accessible by cars, therefore feet, bicycles and motorbikes are only welcome.

*\*\*\* Please note we work with multiple local homestays and allocate rooms on a first come first basis, all are of a similar standard.*

## PRICING:

**€690 Two-bed shared room**

**€790 Private room**

*\*\* Prices are listed in Euros (€). All taxes according to Indonesian regulations, are included. Flight tickets, transportation and extra activities are not included however, can be arranged via our preferred suppliers.*

**In order to secure your place we require the below deposit:**

**€258**

*The deposit is non-refundable; however, it remains fully transferable for use towards any future training with YogaUnionBali.*



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# HOW TO BOOK YOUR SPOT

- Please transfer your deposit amount through online banking to the bank account, you will find in the separate attachment.
- Once we receive your payment, we will send you a confirmation email along with detailed information about your course.





Our Curriculum in more detail:



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## HANDS ON ASSIST

The most popular and elaborate part of the course, hands on adjustments. Learn to help your students come back to the present moment, to deepen their practice, guide them to better alignment, share a moment of care and assist them to release the tension stored in muscles. From backbends, inversions, forward folds to twisting and balancing poses, our module covers a variety of poses that you can use in your class. At the end of these 6 days, you will leave feeling more confident in the power of touch and the comfort of breath.

## YOGA PROPS

Props are the beautiful additions that help to elevate your yoga practice. In this course, we will dive into the significance of using props efficiently in your practice and highlight the advantages they bring, not only to your practice but also to your body. Explore the benefits of props in your self practice and help your students gain better alignment, extension of the body, breathe deeper and relax more.

## SEQUENCING & TRANSITIONING

Sequencing a flow (group class or private) requires clarity of purpose, necessary warm ups, counterposes and a lot more. Discover different sequencing methodologies, identify how and when to use each of them, and how to progress your sequence to meet the needs of different class levels. You will learn sequencing toward a specific goal or peak pose, how to clearly and effectively cue your students and find your own authentic teaching voice. This will help you feel confident about teaching fun, creative and intelligent flow classes. In dedicated workshops during the course, you can also learn safe ways to transition in and out of poses, teaching your student to move seamlessly from one asana to another.

## YOGA THERAPY & NERVOUS SYSTEM

Yoga therapy is the application of yoga asana, breathwork, meditation techniques —to address an individual's physical, mental, and emotional needs. With the guidance of a professional yoga therapist, we offer in-depth training to help assess and keep your clients safe. Discover the physical postures that address specific areas of discomfort or musculoskeletal imbalances, cultivate a discipline to support healing while aligning with the body rhythm, anchor into the body and breath and access the issues that live in the tissues. Unlock the complexities of the nervous system and learn how to manage chronic pain and neurological health issues.

## INJURY PREVENTION & RECOVERY

Yoga focuses on the mind and the body, which gives it the potential to address both the physical and nonphysical aspects of an injury. Yoga incorporates movements and stretches that target specific muscle groups and areas prone to injury and so by strengthening and stretching these areas, yoga helps prevent common injuries. In this course, we also teach you how to support the healing of injured muscles, joints, and tissues. Our teachers will guide you on how to use an advanced mind-body approach in which you can apply the teachings and practices of yoga to evaluate the individual needs of students/clients. You can learn on how to assist individuals with their injury recovery by designing a physical routine to target and strengthen weak muscle groups, guiding your students / clients through mindfulness exercises, and serving as a support system to them.

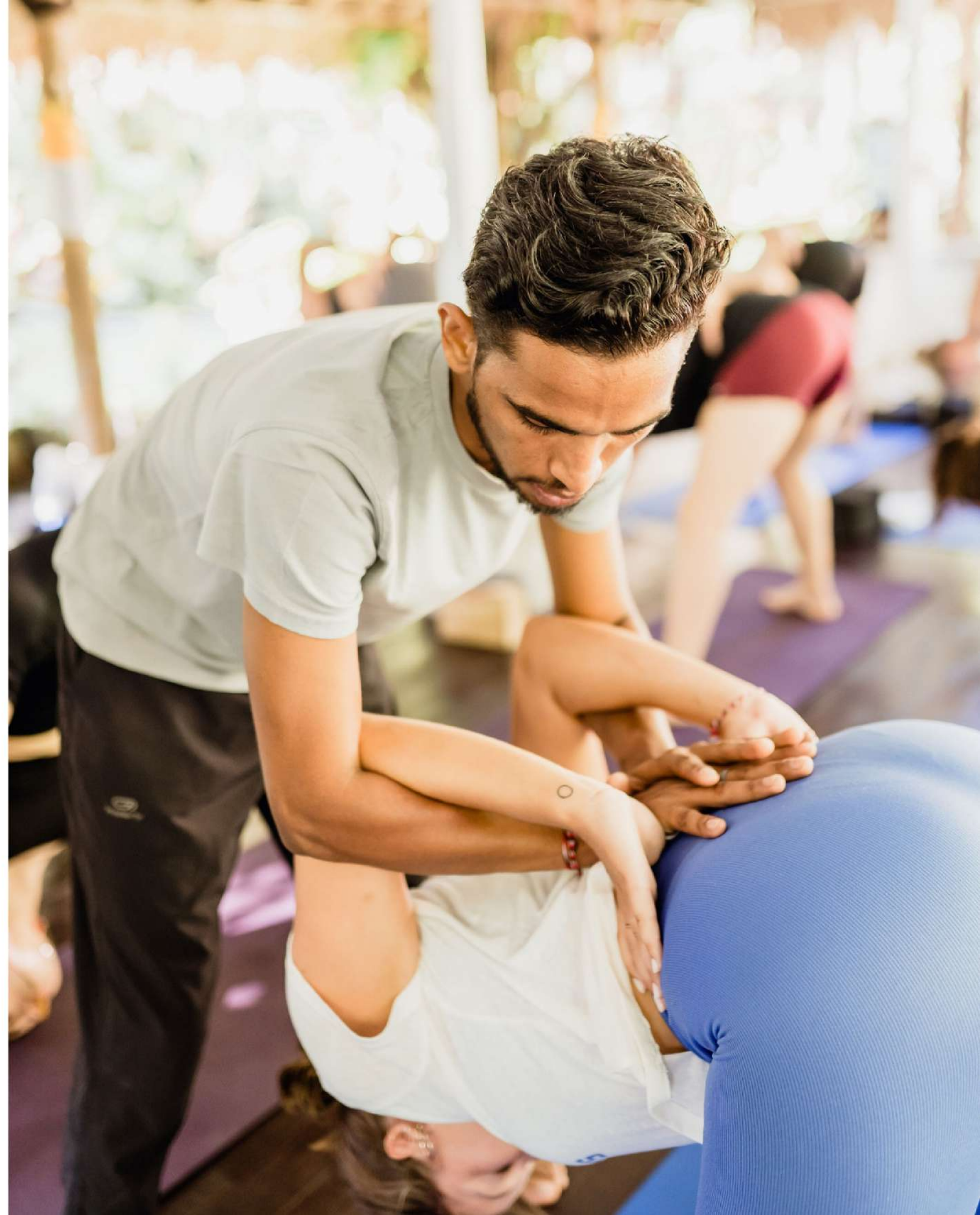


## ASANA ANALYSIS & ADJUSTMENTS

This class focuses on analysing and dissecting basic & advanced postures. You'll learn the correct alignment based on the traditional approach and in line with body mechanics, understand how to offer hands-on adjustments and how to structure them in a Vinyasa class. The teachers will always be present in your practice, observing and providing feedback.

### **In this class you will learn:**

- Analysis of arm balances, back-bends, inversions, forward folds, standing postures, balancing postures and more
- Modifications, other variations, and advanced variation of all postures
- How to use yoga props in your yoga practice
- Adjustment (physical & verbal) theory and hands-on practice







## TEACHING METHODOLOGY

We believe that you begin teaching from the moment you enter our shala. We aim for the lessons to be confidence-building and progressive. You'll start with one-to-one lessons and gradually moving to bigger groups of students, eventually, you delivering a 30 minutes class to your fellow yogis. Through regular feedback by teachers and fellow students, you will have a chance to improve as you go along and about finding your unique voice and style as a teacher.

In this class you will learn and practice:

- YogaUnion Vinyasa structure & principles
- Practice teaching & receiving feedback
- Learn & practice hands-on adjustment
- Instruction, teaching styles, and qualities of a teacher
- Voice projection and floor presence
- Planning and structuring a class
- Dealing with injuries and safety precautions



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## OUR INSTRUCTOR

Himanshu hails from a traditional yoga family in India, where he earned his 500 RYT, Bachelor's Degree in Yoga & Naturopathy, and Master's Degree in Yoga & Science from Uttarakhand Sanskrit University of India.

Combining his youthful and enthusiastic attitude with a technical approach to asanas, Himanshu is dedicated to inspiring his students to enhance their practice for long-term health, well-being, and fitness goals. Specializing in Hatha, Vinyasa, Iyengar, and Ashtanga-Vinyasa, he brings a wealth of experience in various yoga styles. Himanshu is also well-versed in asana theory, adjustments, and yoga alignment.

With over 100 yoga training sessions in his career, Himanshu has previously taught in 200hr and 300hr teacher training courses in India. Since then, he has become the lead teacher at YogaUnion. His passion and expertise make him a valuable guide on your yoga journey.



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## OUR INSTRUCTOR

Originally from India, Gourav grew up in Rishikesh, the birth place of yoga. So, it was no surprise when he pursued his Bachelors in Yoga, followed by Masters in Yogi Science.

He began teaching in 2018 and since then he has been teaching Ashtanga-Vinyasa, Iyengar and traditional Hatha practices that focus on mobility, strength, and flexibility.

Gourav also specialises in effective usage of props and yoga alignment.

His engaging and relatable nature with a twist of quirky humor cultivates a safe space for students to deepen their practice at the physical, mental and spiritual levels.

He has been teaching, assisting and leading teacher trainings in Bali and India. He uses yoga as a tool to help students work through injuries, imbalances, stress and brings about a sense of peace, wellness and stability in their lifestyle.

His classes emphasize on alignment, usage of props and a constant trigger to explore your potential.

Be ready to leave his classes feeling peaceful, yet empowered!

Pro tip - when he says few more breaths, he doesn't really mean it.



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*We are not just a teaching course, we are a community, helping and supporting each other throughout this profound journey.*

*You will form deep bonds that transcend friendship and leave with the knowledge and a union for life.*

*We can't wait for you to become part of our yoga family  
The YogaUnionBali Family*

*Bali - Greece - India*



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